

GAMES

Bingo : No registration. \$1 at door. Prizes; refreshments served.

Game Time: Mexican Train Dominoes, cards, and board games are available or bring your own! No registration. \$1 at door. Refreshments served.

Farkle: No registration. \$2 at door. Refreshments served.

RECURRING ACTIVITIES

Book Review: Come hear about what others are reading and share your latest find. No assigned reading. Refreshments served. No registration or fee.

Let's Get Sewin': Share ideas while learning new skills and contribute to the community by using provided supplies to make projects for area charities. All skill levels are welcome.

Sing-a-long Choir: Meet new friends while singing favorites from the past! Join anytime. No registration or fee.

Yarn Connection: Learn new skills and have fun with friends. We provide yarn, hooks/needles, patterns, snacks and laughter. Help the community by working on charitable projects. No registration or fee.

EXERCISE CLASSES

Cardio Drumming: Feel like a rock star while getting a workout. All levels are welcome, and equipment is provided. Space is limited; please call to reserve your spot.

Chair-side Exercise: Range of motion and strength exercises using optional light weights. Some standing and sitting required. No registration or fee.

Move It or Lose It: Range of motion and strength exercises. Some standing and sitting required. No registration or fee.

Vita Band: Use resistance bands for range of motion and strength exercises. Some standing and sitting required. No registration or fee.

Walk for Health: Meet in alternating locations around Leavenworth County for a group walk. All fitness levels welcome. See calendar for locations. No registration or fee except when noted.

COUNCIL ON AGING POLICIES

The programs and events listed on the calendar are held at the *Council on Aging*, 1830 S. Broadway, unless otherwise noted. Please refer to the individual flyer on each function for more detailed information or call 913.684.0777.

Age Eligibility: All activities, programs, and events are open to adults age 50 and older, unless otherwise specified. Contact the Leisure and Learning department, 913.684.0777, for information.

Registration and Payment Policy:

All activities, programs and events require registration unless noted. Functions that require a program fee must be paid in advance at time of registration unless noted as "Pay at Door." Registration is on a first come basis for events hosted at the COA. Trips, when noted, are filled on a lottery system with a signup for a random drawing one month prior to trip. Participants may sign up for drawing with **one additional participant only**.

Cancellation Policy: A function that requires a program fee paid in advance must be cancelled more than 3 business days prior to the function to receive a refund unless otherwise specified. Cancellation less than 3 business days will not be refunded.

Transportation: If you need transportation to and from any function please call the transportation desk, 913.684.0778 or 913.684.0808, to schedule a ride. Please refer to the transportation policy for scheduling times and rider information. There is a fee for transportation.

Consumer Rights: All services are provided without discrimination on the basis of race, color, religion, national origins, or sex. If you feel you have been discriminated against you have the right to file a complaint.

Please contact the Director at 913.684.0777.

For the hearing impaired TTY # 1.800.766.3777

Si sientes que has sido discriminado, llame al 1.866.305.1343

LEAVENWORTH COUNTY COUNCIL ON AGING

MAY 2022

LEISURE & LEARNING PROGRAM

CALENDAR OF EVENTS



COUNCIL ON AGING

1830 S. Broadway, Leavenworth, KS, 66048

Main: 913.684.0777 Fax: 913.684.0779

Transportation: 913.684.0778

E-mail: seniors1st@leavenworthcounty.gov

Website: www.leavenworthcounty.gov/COA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NEW EVENTS
2 VitaBand 8:30 – 9:30am Coffee Group 9:00-10:00am Move It or Lose It 9:30 -10:00am Grief Support Group 10:30-11:30am	3 Walk for Health 10:00 at Cody Park, LV Let’s Roll with Sister Vicki* 11:00–3:30pm Sing-a-Long Choir 1:00-2:30pm Cardio Drumming 5:00pm	4 Chair-side 8:30–9:30am Move It or Lose It 9:30 -10:00am Bingo 1:00-2:30pm Trip Lottery Drawing : May 19 Mystery Breakfast	5 Ukulele 10:00 am COA Community Outreach at Exchange Bank in Easton 10:00-11:00am Cardio Drumming 1:00pm	6 Around Emily’s Kitchen Table 10:00am or 12:30pm	7 A Day with Derek Painting Class 8:00am–12:00pm	Around Emily’s Kitchen Table: Cooking class featuring easy enchiladas , guacamole, and “fried” ice cream. RSVP; prepay by May 2.; \$6 includes demo, recipes and lunch. Harmony Around the Universe: Join Carol Page as she explores how art, architecture, geometry, nature, numbers, shapes and symbols all move in cycles and periodic rhythms. Free; RSVP.
9 VitaBand 8:30 – 9:30am Move It or Lose It 9:30 - 10:00am COA Community Outreach at Tongie Riford Center 10:00-11:00am Book Review 10:00-11:00am Let’s Get Sewin’ 1:00 pm	10 Walk for Health 10:00 at Angel Falls Trail, Lansing Let’s Roll with Sister Vicki* 11:00–3:30pm Harmony Around the Universe 10:30am Cardio Drumming 5:00pm	11 Chair-side 8:30–9:30am Move It or Lose It 9:30 -10:00am Game Time 1:00-3:00pm	12 Ukulele 10:00 am Cardio Drumming 1:00pm <i>Sewing on the Line</i> Quilt Guild 1:00-3:00pm Trip Lottery Drawing : June 9 KC Monarchs Trip	13 Senior Picnic 9:30 am at Eagles	14	Senior Picnic: Celebrate Older Americans Month with an indoor picnic at the Eagles featuring Motown Music with Bill Robinson, bingo, door prizes and a sloppy joe lunch. Tickets available at COA \$5.
16 VitaBand 8:30 – 9:30am Move It or Lose It 9:30 - 10:00am Coffee Group 9:00-10:00am Grief Support Group 10:30-11:30am	17 Walk for Health 10:00 at Ray Miller Park, LV Let’s Roll with Sister Vicki* 11:00–3:30pm Sing-a-Long Choir 1:00-2:30pm Cornhole at Tongie Riford Center 10:00-11:00am Cardio Drumming 5:00pm	18 Chair-side 8:30–9:30am Move It or Lose It 9:30 - 10:00am Caregiver Support Group @ Tongie Riford Center 1:00-2:30pm Bingo 1:00-2:30pm	19 Mystery Breakfast 8:30am COA Community Outreach at Basehor Library 9:00-10:00am Ukulele 10:00 am Cardio Drumming 1:00pm Yarn Connection 1:00-3:00pm	20 Lunch & Movie 11:30am	21	Mystery Breakfast: This breakfast has a western twist! RSVP; \$7 for transportation. Breakfast on your own. Lunch and a Movie: Enjoy bacon cheeseburger sliders, honey mustard potato salad and peanut butter chocolate terrine followed by <i>Yours, Mine and Ours</i> . RSVP; prepay \$4.
23 COA Community Outreach at Linwood Library 9:00-10:00am VitaBand 8:30 – 9:30am Move It or Lose It 9:30 - 10:00am Let’s Get Sewin’ 1:00 pm	24 Walk for Health 10:00 at Winslow Rd. Trail, Lansing Let’s Roll with Sister Vicki* 11:00–3:30pm Cornhole 1:30pm	25 Chair-side 8:30–9:30am Move It or Lose It 9:30 -10:00am Farkle 1:00-3:00pm	26 Ukulele 10:00 am Fishing at Cider Hill Orchard 10:00am Dementia Caregiver Support group 11:30am Cardio Drumming 1:00pm	27	28	Fishing at Cider Hill Orchard: Ride the bus ; \$7 transportation fee or meet us there ; \$3 event fee. RSVP required. Bring your own pole or borrow one. Lunch available for \$12.50. *For additional information about <i>Let’s Roll with Sister Vicki</i> , please contact Elaine Belardo at <i>The Deeper Window Association</i> . 301.676.7538.
30 Closed: Memorial Day	31 Walk for Health 10:00 at Basehor City Park Let’s Roll with Sister Vicki* 11:00–3:30pm Cardio Drumming 5:00pm		 Sponsored by: COUNCIL ON AGING 1830 S. Broadway Leavenworth, KS, 66048			